

# OLDER ADULTS

## ACTIVITIES & SERVICES

### Dublin Senior Center

7600 Amador Valley Blvd.

(925) 556-4511

[www.dublinseniorcenter.com](http://www.dublinseniorcenter.com)

[seniorctr@dublin.ca.gov](mailto:seniorctr@dublin.ca.gov)



### Hours

**Monday through Friday, 9:00 AM – 4:00 PM**

**Saturday, 8:30 AM – 12:00 PM**

### Except...

The Senior Center will be closed on the following days:

Labor Day – **Monday, September 7**

Veterans Day – **Wednesday, November 11**

Thanksgiving – **Thursday & Friday, November 26 & 27**

Winter Holiday – **Thursday, December 24–Saturday, January 2**

Martin Luther King, Jr. Day – **Monday, January 18**



### Welcome!

Discover all the wonderful activities and events at the Dublin Senior Center. We offer classes in dance, exercise and art; help on the computer; and much more. Take advantage of senior services, dine inexpensively at the Shamrock Café, or take a trip, near or far. This is the perfect place to find “rewarding friendships, intriguing activities and a lifestyle of possibilities.”

### Be a Senior Center Volunteer

Volunteer at the Center and feel great knowing you have truly benefitted patrons and staff. Training is provided. If you have expertise in a specific area, or would like to teach a class, the Center is always interested. Volunteer applications or Class Proposal forms are available at the front desk, or online at [www.DublinSeniorCenter.com](http://www.DublinSeniorCenter.com).

### Be a Senior Center Supporter

We are very thankful to all of our supporters. A yearly fee helps sustain the high standards for all activities and events. Please visit the front desk and register to be a supporter today. Supporters are mailed our quarterly newsletter, *Dublin Doings*.

*Yearly Fee \$10; \$1 discount for Dublin Residents*

### Dine at The Shamrock Café

**Monday to Friday, 11:30 AM-12:15 PM**

Choose a table with friends, or meet new ones. Healthy, inexpensive meals are designed for adults. Drop-ins are welcome. The suggested voluntary donation is \$3, and annual registration is required. Meals are provided by Open Heart Kitchen, in cooperation with the Area Agency on Aging of Alameda County, and the City of Dublin. Soup, salad, bread, beverage and dessert are served with every entree. Monthly menu posted at [www.dublinseniorcenter.com](http://www.dublinseniorcenter.com).

### Special Holiday Luncheon

Enjoy a savory meal at this special luncheon. Entertainment is included.

\$15 Res/\$18 Non-Res

**Thu 12/17 11:30 AM-12:30 PM Activity #39636**



## DANCE

### Ballroom Social

All types of dance music, including line dance, are played by professional DJ, Geri Foley. Dancers of all levels are welcome. Light refreshments are served.

50 Years+ \$6 Drop-in fee

#### Dublin Senior Center

Fri 9/25 1:30-4:00 PM

Fri 10/23 1:30-4:00 PM

Fri 11/20 1:30-4:00 PM

Fri 12/18 1:30-4:00 PM

Fri 1/22 1:30-4:00 PM

Fri 2/26 1:30-4:00 PM



### Ballroom Beginner/Level II Basic

Enjoy various ballroom dance styles. Prior experience and partners not necessary.

*Instructor: Bill Blankenship*

#### Beginner

50 Years+

#### Dublin Senior Center

##### Chinese Tango

5 Classes \$25 Res/\$30 Non-Res

Tue 9/1-9/29 2:15-3:45 PM Activity #38284

##### West Coast Swing

4 Classes \$20 Res/\$24 Non-Res

Tue 10/6-10/27 2:15-3:45 PM Activity #38285

##### Night Club Two-Step

4 Classes \$20 Res/\$24 Non-Res

Tue 11/3-11/24 2:15-3:45 PM Activity #38286

##### Merengue

4 Classes \$20 Res/\$24 Non-Res

Tue 12/1-12/22 2:15-3:45 PM Activity #38287

##### Foxtrot

4 Classes \$20 Res/\$24 Non-Res

Tue 1/5-1/26 2:15-3:45 PM Activity #38332

##### Salsa/Mambo

4 Classes \$20 Res/\$24 Non-Res

Tue 2/2-2/23 2:15-3:45 PM Activity #38333

#### Level II Basic

21 Years+

#### Dublin Senior Center

##### Merengue

4 Classes \$24 Res/\$29 Non-Res

Thu 9/3-9/24 7:25-8:25 PM Activity #38337

##### Quickstep

5 Classes \$30 Res/\$36 Non-Res

Thu 10/1-10/29 7:25-8:25 PM Activity #38338

##### Waltz

3 Classes \$18 Res/\$21.75 Non-Res

Thu 11/5-11/19 7:25-8:25 PM Activity #38339

##### Salsa/Mambo

3 Classes \$18 Res/\$21.75 Non-Res

Thu 12/3-12/17 7:25-8:25 PM Activity #39329

##### Chinese Jitterbug

4 Classes \$24 Res/\$29 Non-Res

Thu 1/7-1/28 7:25-8:25 PM Activity #39330

##### Rumba

4 Classes \$24 Res/\$29 Non-Res

Thu 2/4-2/25 7:25-8:25 PM Activity #39331



## Line Dance

Get in line, listen to the beat, and start dancing. Partners not needed.

50 Years+

**Dublin Senior Center**

### Beginning

*Instructor: Lynn Woods*

\$2 Drop-in fee

**Thu 9/24-2/11 10:15-11:15 AM**

### Beginning/Intermediate

*Instructor: Rosa Chan*

\$3 Drop-in fee

**Sat 9/26-2/13\* 11:00 AM-12:00 PM**

**Tue 9/22-2/9 10:00 AM-11:00 AM**

*\* no class 10/3, 11/14*

### Easy Intermediate

*Instructor: Millie Dusha*

\$4 Drop-in fee

**Thu 9/24-2/11 2:00-4:00 PM**

### Intermediate

*Instructor: Millie Dusha*

\$4 Drop-in fee

**Mon 9/21-2/8 1:00-2:45 PM**

### Intermediate Line Dance Social

Enjoy intermediate level line dancing for a social gathering rather than instructional setting.

*Instructor: Karen Hong*

\$2 Drop-in fee

**Fri 9/25-2/12 10:00-11:00 AM**

## The Mills LINE DANCE SOCIAL

**EVERY FIRST THURSDAY  
2:00-4:00 PM**

DJ Millie Dusha plays classic line dance music, and adds new dance routines to keep you in the mood.

Join the line and keep dancing!  
Dancers of all levels are welcome.

\$4/class

## FITNESS & WELLNESS

### Balance, Agility & Strength

Simple movements are used to strengthen the body's core and cardiovascular system. Stand or use a chair, no floor exercises.

*Instructor: Robin Weiss*

50 Years+

**Dublin Senior Center**

3 Classes \$10.50 Res/\$12.75 Non-Res

**Wed 11/4-11/25 10:00-10:45 AM Activity #38199**

**Mon 12/7-12/21 10:00-10:45 AM Activity #38206**

**Mon 1/4-1/25\* 10:00-10:45 AM Activity #38628**  
*\* no class 11/11 & 1/18*

4 Classes \$14 Res/\$17 Non-Res

**Mon 10/5-10/26 10:00-10:45 AM Activity #38204**

**Wed 10/7-10/28 10:00-10:45 AM Activity #38198**

**Wed 12/2-12/23 10:00-10:45 AM Activity #38200**

**Wed 1/6-1/27 10:00-10:45 AM Activity #38625**

**Mon 2/1-2/29 10:00-10:45 AM Activity #38629**

**Wed 2/3-2/24 10:00-10:45 AM Activity #38626**

5 Classes \$17.50 Res/\$21 Non-Res

**Mon 11/2-11/30 10:00-10:45 AM Activity #38205**

### Chair Pilates

Improve everyday movements, sitting, standing and walking, by applying Pilates principles. Schedule tentative, dates subject to change.

*Instructor: M. Valentin*

50 Years+

**Dublin Senior Center**

3 Classes \$12 Res/\$14.50 Non-Res

**Mon 9/14-9/28 3:00-3:45 PM Activity #38178**

**Mon 10/12-10/26 3:00-3:45 PM Activity #38179**

**Mon 1/4-1/25\* 3:00-3:45 PM Activity #38182**  
*\* no class 1/18*

5 Classes \$20 Res/\$24 Non-Res

**Mon 11/2-11/30 3:00-3:45 PM Activity #38180**

2 Classes \$8 Res/\$9.75 Non-Res

**Mon 12/14-12/21 3:00-3:45 PM Activity #38181**

4 Classes \$20 Res/\$24 Non-Res

**Mon 2/1-2/29\* 3:00-3:45 PM Activity #38183**  
*\* no class 2/15*





### Intro to Gentle Yoga

Increase your flexibility and body awareness as you learn simple yoga poses.

*Instructor: Caran Ruga*

50 Years+

#### Dublin Senior Center

5 Classes \$15 Res/\$18 Non-Res

**Tue 9/1-9/29 10:30-11:30 AM Activity #39686**

4 Classes \$12 Res/\$14.50 Non-Res

**Tue 10/6-10/27 10:30-11:30 AM Activity #39687**

**Tue 11/3-11/24 10:30-11:30 AM Activity #39688**

**Tue 12/1-12/22 10:30-11:30 AM Activity #39689**

**Tue 1/5-1/26 10:30-11:30 AM Activity #39690**

**Tue 2/2-2/23 10:30-11:30 AM Activity #39691**

### Gentle Yoga

Simple poses release tension, facilitate stability and improve posture. Optional chair exercises available.

*Instructor: Jim Stuhlman*

50 Years+

#### Dublin Senior Center

4 Classes \$12 Res/\$14.50 Non-Res

**Wed 10/7-10/28 5:30-6:30 PM Activity #39416**

**Wed 1/6-1/27 5:30-6:30 PM Activity #39443**

**Wed 2/3-2/24 5:30-6:30 PM Activity #39444**

2 Classes \$6 Res/\$7.50 Non-Res

**Wed 11/4-11/18 5:30-6:30 PM Activity #39440**

3 Classes \$9 Res/\$11 Non-Res

**Wed 12/2-12/16 5:30-6:30 PM Activity #39442**

### Healing Yoga

Promote a healthy body and brain, using Dahn Yoga techniques, such as tapping, stretching, energy breathing and meditation. Class is suitable for all ages. Postures will be adapted for chair sitting as needed.

*Instructor: Anne Cavazos*

40 Years+ \$5 Drop-in fee

#### Dublin Senior Center

**Thu 9/24-2/11 12:30-1:30 PM**

**Mon 9/28-2/8 12:30-1:30 PM**

### NIA (Non-impact Aerobics)

Blend dance, martial arts, and healing arts to benefit the entire body.

*Instructor: Lynda Farmer*

40 Years+

#### Dublin Senior Center

4 Classes \$20 Res/\$24 Non-Res

**Tue 10/6-10/27 6:00-7:00 PM Activity #39021**

**Tue 12/1-12/22 6:00-7:00 PM Activity #39553**

**Tue 2/2-2/23 6:00-7:00 PM Activity #39555**

3 Classes \$15 Res/\$18 Non-Res

**Tue 11/3-11/17 6:00-7:00 PM Activity #39547**

**Tue 1/5-1/19 6:00-7:00 PM Activity #39554**

## DANCESCAPE *social*

*At the Dublin Senior Center*

Get in the mood, grab your partner and dance the evening away. Swing to big band music. Tango, waltz, cha-cha and foxtrot, too!

**Friday, December 11**

**6:30-9:30 PM**

*Activity #39513*

**Friday, February 12**

**6:30-9:30 PM**

*Activity #39514*

*Tickets purchased by the day prior: \$10 Res/\$12 Non-Res; or \$15 at the door.*





## Tai Chi Chuan

Warm up with Qi (Chi) Gong, and learn a different Tai Chi movement each week.

*Instructor: John Deng*

50 Years+

**Dublin Senior Center**

### Beginners—24 Forms

3 Classes \$10 Res/\$12 Non-Res

**Fri 10/2-10/16 1:00-2:00 PM Activity #39037**

**Fri 1/8-1/29\* 1:00-2:00 PM Activity #39452**

**Fri 2/5-2/19 1:00-2:00 PM Activity #39453**  
\*no class 1/22

2 Classes \$6.75 Res/\$8 Non-Res

**Fri 11/6-11/13 1:00-2:00 PM Activity #39038**

### Beginners II for Continuing Students—24 Forms

3 Classes \$9 Res/\$11 Non-Res

**Tue 10/6-10/27\* 1:00-2:00 PM Activity #38635**  
\*no class 10/20

2 Classes \$6 Res/\$7.25 Non-Res

**Tue 11/3-11/10\* 1:00-2:00 PM Activity #38636**  
\*no class 11/17

4 Classes \$12 Res/\$14.50 Non-Res

**Tue 1/5-1/26 1:00-2:00 PM Activity #38384**

**Tue 2/2-2/23 1:00-2:00 PM Activity #38634**

### Intermediate/Advanced—42 Forms

3 Classes \$9 Res/\$11 Non-Res

**Sat 10/10-10/31\* 9:45-10:45 AM Activity #38632**  
\*no class 10/17

1 Class \$3 Res/\$4 Non-Res

**Sat 11/7 9:45-10:45 AM Activity #38633**

4 Classes \$12 Res/\$14.50 Non-Res

**Sat 1/9-1/30 9:45-10:45 AM Activity #38385**

**Sat 2/6-2/27 9:45-10:45 AM Activity #38631**

## Tai Chi Chuan Practice Session

Class designed to practice Qi (Chi) Gong and basic moves for students currently enrolled in Tai Chi Chuan classes.

50 Years+ \$2 Drop-in fee

**Dublin Senior Center**

**Thu\* 9/24-2/11 9:00-10:00 AM**

\*Peer Leaders: Wing & Lucy Yu

**Tue, Fri\* 12/1-12/22 1:00-2:00 PM**

\*Peer Leader: Anna Hudson; no class 12/18

## Jazzercise®

Combine dance and various movements to tone muscles. This choreographed workout uses up-to-date music. Class starts with a warm-up and finishes with cooling-off stretches. Call Barbara at (925) 447-8890 for more information.

18 Years+

**Mon, Tue, Wed, Fri, Sat & Sun 8:30-9:30 AM**

**Mon & Wed 5:30-6:30 PM**

**Tue & Thu 6:00-7:00 PM**

## Path Wanderers

Meet at a local, level trail and walk 2-3 miles. A current monthly schedule is available. First-timers must turn in a completed emergency form and liability release before participating.

*Leader: Dan Rodrigues*

50 Years+ Free

**Location TBA**

**Thu 9/24-2/11 9:00-11:00 AM**

## Tri-Valley Trail Trekkers

Trek 4-6 miles on East Bay trails or parks. Weekly schedules are available from [hikedirector@gmail.com](mailto:hikedirector@gmail.com). First-timers must turn in a completed emergency form and liability release before participating.

*Peer Leader: Helen Coleman*

50 Years+ \$2 Drop-in fee

**Dublin Senior Center**

**Tue 9/22-5/10 8:45-9:00 AM**



## ART & MUSIC

### Acrylics

Instruction for both the absolute beginner and intermediate artist who would like to brush-up on form, composition and color. Examine the techniques and theories behind a master artist's work then create an original work in the style of that artist.

*Instructor: Arthur Scott King*

50 Years+

**Dublin Senior Center**

\$19 Res/\$23 Non-Res

**Robert Henri—Looking at People**

**Sat 10/10-10/24 9:00 AM-12:00 PM Activity #38168**

**Pablo Picasso—Cubism**

**Sat 11/7-12/5\* 9:00 AM-12:00 PM Activity #38169**

*\*no class 11/14 & 11/28*

**Claude Monet—Color and Atmosphere**

**Sat 1/9-1/23 9:00 AM-12:00 PM Activity #38171**

**Claude Monet—Painting Flowers**

**Sat 2/6-2/20 9:00 AM-12:00 PM Activity #38172**

### Art for All Media

Work independently on personal art projects in the company of other fellow artists. All levels of creativity are welcome.

50 Years+ \$2 Drop-in fee

**Dublin Senior Center**

**Wed 9/2-2/10 12:30-3:30 PM**

### Draw Now/Paint Later

This class is aimed at watercolor painters who want to improve their drawings before they paint.

*Peer Leaders: Sue Farr and Friends*

All Ages \$2 Drop-in fee

**Dublin Senior Center**

**Wed 9/2-2/10\* 1:00-2:30 PM**

*\*no class 11/25 & 12/2-12/30*

### Watercolor

In this peer-led class, watercolor artists at all levels work on their own projects, and offer helpful critiques and tips.

50 Years+ \$32 Res/\$38 Non-Res

**Dublin Senior Center**

**Fri 2/5-5/20 9:30 AM-12:00 PM Activity #38624**



### Scrapbooking

Create a charming book made with personal photos and other memorabilia. Paper, ribbon and an assortment of embellishments available for purchase.

*2 Classes Instructor: Shari Jarett*

50 Years+ \$5 Res/\$6 Non-Res; plus \$10 material fee

**Dublin Senior Center**

**Thu 10/15-10/22 9:00-11:30 AM Activity #39647**

**Thu 11/12-11/19 9:00-11:30 AM Activity #39648**

**Thu 12/10-12/17 9:00-11:30 AM Activity #39649**

**Thu 1/21-1/28 9:00-11:30 AM Activity #39650**

**Thu 2/18-2/25 9:00-11:30 AM Activity #39651**

### Blankets for Vets

Join caring individuals who make blankets for our veterans. Bring your own knitting and crochet needles.

*Peer Leader: Eva Lim*

50 Years+ \$2 suggested donation

**Dublin Senior Center**

**Wed 9/23-2/10 1:00-3:30 PM**



## Knitting Social

Knit baby hats with fellow Mad Hatters and donate to local agencies.

*Peer Leader: June Hurd*

21 Years+ \$2 Drop-in fee

**Dublin Senior Center**

**Tue 9/15 10:00 AM-12:00 PM**

**Tue 10/20 10:00 AM-12:00 PM**

**Tue 11/17 10:00 AM-12:00 PM**

**Tue 12/15 10:00 AM-12:00 PM**

**Tue 1/19 10:00 AM-12:00 PM**

**Tue 2/16 10:00 AM-12:00 PM**

## Needle Arts Group, Quilting, Sewing

Work independently on your quilting, sewing or knitting projects while chatting with a friendly group. Materials not included.

*Peer Leader: Linda Schmidt*

50 Years+ \$2 Drop-in fee

**Dublin Senior Center**

**Tue 9/22-2/9 10:00 AM-12:00 PM**

## Melody Minstrels Jam Session

Bring a personal musical instrument and start jammin' with the group.

*Peer Leader: Merrill Ito*

50 Years+ \$2 Drop-in fee

**Dublin Senior Center**

**Tue 9/22-2/9 1:00-4:00 PM**

## Sunshine Strummers Beginning Ukulele

Bring a personal ukulele and have fun making music with others.

*Peer Leader: Hawkins Lee*

50 Years+ \$2 Drop-in fee

**Dublin Senior Center**

**Tue 9/22-2/9 1:00-4:00 PM**

## Intro to Piano

This peer led class will coach you to improve your playing. Please bring your own keyboard.

*Peer Leader: Hawkins Lee*

50 Years+ \$2 Drop-in fee

**Dublin Senior Center**

**Thu 9/24-2/11 9:00-10:00 AM**

## SPECIAL INTEREST

### Polish Your Writing

Learn creative ways to edit and improve your manuscripts. Classmates enjoy listening to works in progress and offering supportive suggestions.

*8 Classes Instructor: Julaina Kleist*

50 Years+ \$32 Res/\$38.50 Non-Res

**Dublin Senior Center**

**Mon 10/26-1/11\* 9:45 AM-12:00 PM Activity #38398**

*\*no class 11/23, 11/30, 12/21, 12/28*

**Mon 1/25-3/21\* 9:45 AM-12:00 PM Activity #38399**

*\*no class 1/18 & 2/15*

### Reading Group

Finish reading the chosen book, then meet with the group to critique it. Call for selected current title.

*Peer Leader: Pam Fisher*

50 Years+ \$2 Drop-in fee

**Dublin Senior Center**

**Tue 9/22 10:30-11:30 AM**

**Tue 10/27 10:30-11:30 AM**

**Tue 11/24 10:30-11:30 AM**

**Tue 12/22 10:30-11:30 AM**

**Tue 1/26 10:30-11:30 AM**





### American Sign Language

Meet and interact with others interested in acquiring basic skills in the American Sign Language alphabet, numbers, and everyday phrases. No prior knowledge necessary.

8 Classes Instructor: Sheila Holmes

21 Years+ \$48 Res/\$58 Non-Res; plus \$15 materials fee

#### Dublin Senior Center

Thu 9/17-11/5 1:00-3:00 PM Activity #39324

Thu 11/12-1/21 1:00-3:00 PM Activity #38395

Thu 1/28-3/17 1:00-3:00 PM Activity #39024

### English as a Second Language (E.S.L.)

This is a special opportunity to improve your English as a second language. Fee due by the last Monday of the month. Limited space; first come, first served.

Instructor: Louisa Ordenez

50 Years+

#### Dublin Senior Center

3 Classes \$6 Res/\$7.50 Non-Res

Mon 9/14-9/28 9:00-10:30 AM Activity #39994

Mon 12/7-12/21 9:00-10:30 AM Activity #39997

Mon 1/4-1/25\* 9:00-10:30 AM Activity #39998

\*no class 1/18

4 Classes \$8 Res/\$10 Non-Res

Mon 10/5-10/26 9:00-10:30 AM Activity #39995

Mon 2/1-2/29\* 9:00-10:30 AM Activity #39999

\*no class 2/15

5 Classes \$10 Res/\$12.50 Non-Res

Mon 11/2-11/30 9:00-10:30 AM Activity #39996



### Computer Classes

Learn computer skills. Various topics will be covered.

2 Classes Instructor: Guru Athisenbagam

50 Years+ \$8 Res/\$10 Non-Res

#### Dublin Senior Center

##### Beginners #1

Learn to look up information using an internet browser.

Thu 9/17-9/24 6:00-7:00 PM Activity #39709

Thu 10/29-11/5 6:00-7:00 PM Activity #39710

Thu 1/7-1/14 6:00-7:00 PM Activity #39713

##### Beginners #2

Learn to communicate via email and text.

Thu 10/1-10/8 6:00-7:00 PM Activity #39707

Thu 11/12-11/19 6:00-7:00 PM Activity #39711

Thu 1/21-1/28 6:00-7:00 PM Activity #39714

##### Beginners #3

Learn to use social media.

Thu 10/15-10/22 6:00-7:00 PM Activity #39708

Thu 12/3-12/10 6:00-7:00 PM Activity #39712

Thu 2/4-2/11 6:00-7:00 PM Activity #39715

### Computer: MAC/PC

Become computer literate or improve skills using the center's desktop, or your personal tablet, laptop or smart phone with 30-minutes of one-on-one computer instruction.

Contact the Senior Center to arrange an appointment.

Instructor: Elise Nai

50 Years+ \$3 Res/\$3.50 Non-Res, per appointment

#### Dublin Senior Center

Wed 9/23-2/10 10:00 AM-1:00 PM

### Computer: PC

Become computer literate or improve skills using the center's desktop, with 30-minutes of one-on-one computer instruction. Contact the Senior Center to arrange an appointment.

Instructor: Zev Kahn

50 Years+ \$3 Res/\$3.50 Non-Res per appointment

#### Dublin Senior Center

Fri 9/25-2/12 9:00-11:00 AM



## CARDS & GAMES

### American Mah Jong

An interesting and challenging game played with dice and using a card showing winning hands.

50 Years+ \$2 Drop-in fee

**Dublin Senior Center**

**Fri 9/25-2/12 12:15-4:00 PM**

### Chinese Mahjong Lessons

Learn to play this tile game based on Chinese symbols and characters. Call to add your name to the roster.

*Peer Leader: Lucy Yu*

50 Years+ \$2 Drop-in fee

**Dublin Senior Center**

**Thu 11/5-2/25 12:00-4:00 PM**

### Chinese Mahjong Social

Chinese Mah Jong is similar to the card game Gin Rummy, but the game is played using tiles with Chinese symbols. Contact Senior Center to be added to interest list.

*Peer Leader: Sophia Mok*

50 Years+ \$2 Drop-in fee

**Dublin Senior Center**

**Thu 9/24-2/11 12:00-4:00 PM**

### Bingo Afternoon

The Center's most popular game is sponsored by the Dublin Senior Center Foundation.

Play ten games, and one black-out game.

50 Years+ Drop-in; \$1 per card/\$2.50 for 3 cards

**Dublin Senior Center**

**Wed 9/23-2/10 12:45-3:30 PM**



### Bridge

Join other intermediate/advanced players for a game. Contact the Senior Center to sign up for one of the bridge groups.

*Peer Leaders: Raeia Marshall, Barbara Tocchini, Jenny Underwood*

50 Years+ \$2 Drop-in fee

### Intermediate & Advanced

**Mon, Tue, Fri 9/21-2/12 12:30-4:00 PM**

### Social Play

**Wed 9/23-2/10 1:00-3:00 PM**

### Bunco

In this game of chance, where players take turns rolling three dice, the person with the most 'buncos' (3-of-a-kind) wins.

*Peer Leader: Sue Woods*

50 Years+ \$2 Drop-in fee

**Dublin Senior Center**

**Thu 9/24-2/11 1:00-3:00 PM**

### Ping Pong

A fun way to exercise and burn calories as you play.

50 Years+ \$2 Drop-in fee

**Dublin Senior Center**

**Wed & Thu 9/23-2/11 9:00 AM-12:00 PM**

**Sat 9/26-2/13 9:00 AM-12:00 PM**



### Ping Pong by Reservation

Reserve a table for an hour. Reservations are taken in person or by phone.

50 Years+ \$4 Reservation fee

**Dublin Senior Center**

**Tue 9/29-2/16 6:00-8:00 PM**



## INFORMATION & RESOURCES

### Advisory Committee Meeting

The Dublin Senior Center Advisory Committee Meeting is held on the first Thursday of each month, from 9:30 to 11:30 AM. The public is welcome to attend.

### Dublin Senior Foundation Meeting

The public is invited to attend the Dublin Senior Foundation board meeting held on the first Wednesday of each month, from 10:00 to 11:30 AM. The Foundation raises funds and supports the activities for the Dublin Senior Center.

### Diabetes Support Group

The Alameda County Public Health Department's Diabetes Support Group is offered for people with diabetes, and their families.

21 Years+ Free, drop-in

**Dublin Senior Center**

**Tue 11/3 10:00-11:30 AM**

**Tue 12/1 10:00-11:30 AM**

**Tue 2/2 10:00-11:30 AM**



**SATURDAY, OCTOBER 3  
10AM-2PM**

Get valuable information and services from a variety of government, non-profit and commercial organizations at this FREE event.

Call (925) 556-4511 for more details.



### Managing Type 2 Diabetes, 7-Week Course

Find out how to better manage diabetes. This program is sponsored by the Alameda County Public Health Department. Call (510) 383-5185 to register.

*7 Classes Instructor: Marisa Castaldini, Diabetes Program Manager*

40 Years+ Free

**Dublin Senior Center**

**Fri 1/8-2/19 10:00-11:30 AM**

### Hearing Screening and Hearing Aid Cleaning/Repair

Hearing aid cleaning services are performed on site while you wait. Pamphlets and brochures are available. Many repairs can also be completed on-site, however some repairs will have to be taken to a lab. Call to make an appointment.

*Sponsor: Audible Hearing Center*

50 Years+ Free

**Dublin Senior Center**

**Wed 10/14 10:00-11:30 AM**

**Wed 11/18 10:00-11:30 AM**

**Wed 12/9 10:00-11:30 AM**

**Wed 1/13 10:00-11:30 AM**

**Wed 2/10 10:00-11:30 AM**

### Health Screening and Foot Care

Senior Support Health Screening is provided for free on a first-come, first-served basis. Foot care is available by appointment for Alameda County Residents. For more information contact Senior Support, Pleasanton at (925) 931-5379. Foot care, \$10 donation. Health screening, free.

65 Years+

**Dublin Senior Center**

**Mon 12/7 9:00 AM-2:00 PM**



## Let's Talk Workshops

Free presentations by government agencies, non-profits, and senior service businesses on topics of interest to seniors.

### Challenges for Senior Parents and their Adult Children

This workshop discusses difficult relationships between seniors and their adult children. Difficulties may include a resident child, an overly dependent child, a controlling child, an unhelpful or undependable child and completely cut-off relationships. Adult siblings who are in conflict and divide the family will also be considered.

*Coordinator: Gregory Burns, Senior Support of Tri-Valley*

**Fri 9/4-10/23 10:00-11:30 AM Act #39725**

### Dementia Care Workshop

Acquire helpful techniques that foster a positive environment for both people with dementia and their caregivers. Sponsored by Comfort Keepers.

*Speaker: Laura Wayman, Gerontologist*

**Fri 10/30 10:00-11:30 AM Act #39730**



## Memory Power Seminar

Strengthen your memory through training and exercises. Participants will become familiar with how and why memory and brain function normally changes with age. Students will receive a comprehensive list of the medications and other factors that can impair memory, many of which are reversible.

*Instructor: Diana Nohr*

50 Years+ \$6 Res/\$7 Non-Res

### Dublin Senior Center

**Thu 9/10 2:00-3:30 PM Activity #39662**

**Thu 10/8 2:00-3:30 PM Activity #39663**

**Thu 11/12 2:00-3:30 PM Activity #39664**

**Thu 1/14 2:00-3:30 PM Activity #39665**

**Thu 2/11 2:00-3:30 PM Activity #39666**

## Wheels Transportation Counseling/ Training

Discover ways to ride public transportation. Apply for Dial-a-Ride service and RTC discounts, as well as learn to travel fixed-route buses. Please call to schedule a 15-minute appointment.

*Leader: Jan Cornish, Wheels Travel Trainer*

50 Years+ Free

### Dublin Senior Center

**Tue 9/15 10:00-11:00 AM**

**Tue 11/17 10:00-11:00 AM**

**Tue 1/19 10:00-11:00 AM**



## Health Insurance Counseling Advocacy Program (HICAP)

Seniors may receive free counseling regarding Medicare benefits, Medicare supplements, HMO's, nursing homes and other insurance and health care coverage issues. Appointments are in one-hour increments. Clients must be 65 and older; adult children are welcome. Please call to schedule an appointment one week prior.

65 Years+ Free

### Dublin Senior Center

**Wed 10/28 12:30-3:30 PM**

**Wed 11/25 12:30-3:30 PM**

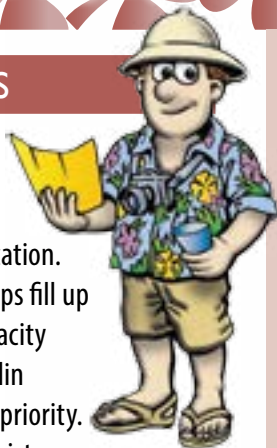
**Wed 12/23 12:30-3:30 PM**

**Wed 1/27 12:30-3:30 PM**

**Wed 2/24 12:30-3:30 PM**

## VAN TRIPS

Sit back and relax while being driven to an interesting location. Register early! Trips fill up fast, and van capacity is 14 people. Dublin residents receive priority. Non-residents register one week later. Trip fees include professional driver, tolls, parking and admission, but not lunch, unless stated otherwise. Trip Flyers are available on the bulletin board in the Center's east hallway. Call for fees and availability.



### Van Trip Registration and Refund Policy

- Full payment is due at time of registration: check payable to "City of Dublin" (by mail, or in person), cash (in person), or credit card (in person, or online at [www.DublinRecGuide.com](http://www.DublinRecGuide.com)).
- Full trip refunds will be issued only when the Senior Center cancels a trip.
- If you withdraw from a trip by the registration deadline, a refund will be posted to your account as a credit, minus the cost of any ticketed admission.
- If you would like a refund issued, please contact the Senior Center. Refunds take up to 30 days and are subject to a \$5 processing fee.
- Withdrawal after the registration deadline may result in forfeiture of the trip fee unless the space can be sold to a person on the waiting list.

TRIP	DATE & TIME	COST	REG. BY	ACT. #
<b>Carmel</b>	Saturday, September 19, 8:45 AM-5:30 PM	\$39 Res/\$47 Non-Res	Call	39850
<b>San Francisco Scenic Drive</b>	Saturday, September 26, 9:15 AM-4:45 PM	\$39 Res/\$47 Non-Res	8/28/15	38805
<b>Fleet Week, Fisherman's Wharf</b>	Friday, October 9, 9:30 AM-5:30 PM	\$39 Res/\$47 Non-Res	8/28/15	38175
<b>Golden Gate Fields, Albany</b>	Saturday, October 24, 10:30 AM-6:00 PM	\$74 Res/\$82 Non-Res	8/28/15	39607
<b>Holiday Factory Tour, Hilmar</b>	Wednesday, December 2, 8:15 AM-5:15 PM	\$39 Res/\$47 Non-Res	10/26/15	39608





## WEEKLY SCHEDULE

DAY	TIME		CLASS
Mondays	9:00 AM–10:30 PM	\$ *	English as a Second Language
	9:45 AM–12:00 PM	\$ *	Writing Class with Julaina Kleist
	10:00–10:45 AM	\$ *	Balance, Agility and Strength
	12:45–4:00 PM	¢ *	Bridge – Advanced Play
	12:30–1:30 PM	\$ *	Healing Yoga – Drop-in
	1:00–2:45 PM	\$ ♀	Advanced Line Dancing
	3:00–3:45 PM	\$ *	Chair Pilates
Tuesdays	8:45 AM–12:00 PM	¢ *	Tri-Valley Trail Trekkers
	10:00–11:00 AM	\$ ♀	Beginning/Intermediate Line Dance
	10:00 AM–12:00 PM	¢ ♀	Needle Arts Group
	10:30–11:30 AM	\$ *	Intro to Gentle Yoga
	10:30–11:30 AM	¢ ♀	A Reading Group (every 4th Tuesday)
	12:30–4:00 PM	¢ *	Intermediate Bridge
	1:00–2:00 PM	\$ *	Tai Chi Chuan
	1:00–4:00 PM	¢ ♀	Sunshine Strummers/Beginning Ukulele
	1:00–4:00 PM	¢ ♀	Melody Minstrels/Intermediate Ukulele
	2:15–3:45 PM	\$ *	Ballroom Dance
	6:00–7:00 PM	\$ *	NIA (Non Impact Aerobics)
Wednesdays	9:00 AM–12:00 PM	¢ ♀	Ping Pong – Open Play
	10:00–10:45 AM	\$ *	Balance, Agility and Strength
	10:00 AM–1:00 PM	\$ *	PC/MAC Computer 1-on-1 (30-minute sessions)
	12:30–3:30 PM	¢ ♀	Art Studio for All Media
	12:45–3:30 PM	\$ ♀	Bingo
	1:00–2:30 PM	¢ ♀	Draw Now/Paint Later
	1:00–3:30 PM	\$ ♀	Blankets for Vets
	5:30–6:30 PM	\$ *	Gentle Yoga
Thursdays	9:00 AM	♥ ♀	Path Wanderers Walking Group (call for schedule)
	9:00–10:00 AM	¢ ♀	Tai Chi Chuan Practice Group
	9:00–10:00 AM	¢ ♀	Intro to Piano
	9:00 AM–12:00 PM	¢ ♀	Ping Pong – Open Play
	10:15–11:15 AM	¢ ♀	Line Dancing for Beginners
	12:00–4:00 PM	¢ *	Chinese Mah Jong
	1:00–3:00 PM	\$ *	Basic American Sign Language
	12:30–1:30 PM	\$ ♀	Healing Yoga – Drop-in
	2:00–4:00 PM	\$ ♀	Intermediate Line Dance (Social on 1st Thursday)
	7:25–8:25 PM	\$ *	Beginning/Intermediate Ballroom Dance
Fridays	9:30 AM–12:00 PM	\$ *	Watercolor for all Levels
	10:00–11:00 AM	¢ ♀	Line Dance Social
	12:15–4:00 PM	¢ ♀	American Mah Jong
	12:30–4:00 PM	¢ *	Intermediate Bridge
	1:00–2:00 PM	\$ *	Tai Chi Chuan
Saturdays	8:30 AM–12:00 PM	¢ ♀	Ping Pong – Open Play AM only
	9:00 AM–12:00 PM	\$ *	Beginning Art Class
	9:45–10:45 AM	\$ *	Tai Chi Chuan
	11:00 AM–12:00 PM	\$ ♀	Beginning/Intermediate Line Dance

### Activity Key



Walk-ins welcome (otherwise please register in advance, in person or online)



Activity fee \$2



Costs vary



No charge



Registration for Senior Center classes required by calling (925) 556-4511

**shamrock**  
**cafe**

MONDAY – FRIDAY  
11:30 AM – 12:15 PM  
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